



Women on Weights



Lehi Legacy Center
123 N Center St.
801-768-7124

LEHI LEGACY CENTER WOMEN ON WEIGHTS 2011-2012

*Are you looking for a way to get into shape?
Sign up at the Legacy Center Now!*

This class will provide the proper guidelines necessary to make changes in your fitness level. This course lasts for three months, during which time you will be taught different techniques of strength training. The first week will be geared to finding out where your fitness level is through different assessments, including strength, flexibility, cardiovascular and body fat.

Attending this class regularly will help you integrate the healthy lifestyle fundamentals into your life, but only you can make a difference.

You will see positive results, meet new people with similar goals in mind, and find joy in exercising. Come see for yourself.



×QUICK FACTS

What..... Weight Training
Where..... Legacy Center Weight Room
Who..... Legacy Members Only
Sessions **2011 WOW Schedule**

Session V Sept 7 – Nov 23 Mon & Wed 8 pm (Reg. begins now)

Session VI Sept 6 – Nov 22 Tue & Thur 9:30 am (Register now)

Session I Jan 2 – Mar 21, 2012 Mon & Wed 8 pm (Reg. begins Oct 3)

Session II Jan 3 – Mar 22, 2012 Tue & Thur 9:30am (Reg. begins Oct 3)

Fee..... \$140 for each session (**non-refundable**)
\$115 (resident discount) for each session (**non-refund.**)

REGISTRATION

See above for starting registration dates registration office open Mon-Fri from 8am-6pm

INFORMATION

For more information call Legacy Front Desk at 801-768-7124

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